

# 2020 Monday Note 2020-01-20

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Good Monday evening to everyone!

We'll all start training in two weeks but our first beginner ride is coming up this Saturday (Jan 25) so it's time to start getting everyone ready to roll - literally!

Monday is our day of the week to share feedback from the previous weekend's ride as well as safety and cycling etiquette tips. We don't have any ride feedback to share yet but, we do have some useful safety info to share so let's get going...

Today, we want to cover a fundamental item which is part of the core of what separates Ready2Roll Cycling from almost any ride you have experienced. This item is our Safety Culture which is ingrained in everything we do and, we hope it will soon be part of the culture of every rider who elects to participate with us.

You will notice that we are taking great measures to keep our upcoming ride emails as concise as possible with the most important information right at the top of the message. On the other hand

possible with the most important information right at the top of the message. On the other hand these Monday messages will be longer, especially at the beginning of the season when we have a lot of new riders eager to absorb new cycling info and tips. The Monday notes will be as concise as possible while covering many key safety and etiquette points. It will be important to read these notes in a timely manner and save them to refer back to as they become part of your core cycling knowledge. (Hopefully, everyone has already created a folder to hold all our useful info as we reminded you to do in your "Welcome to Ready2Roll Cycling" email!)

As you will quickly see, our safety focus begins before you even get on the road - literally!

Every Ready2Roll Cycling ride begins with what we refer to as a "Wave" start. We may have 600-850 people at the ride but rather than sending everyone out in an unorganized and congested bunch, we will ask all riders to line up with the fastest riders in the front and the slowest riders at the back and start in waves of 50-75 riders.

The benefit of the wave start is that we eliminate the start being the most congested part of the ride and avoid a lot of risk and need for passing slower riders. This allows all riders to very quickly, safely settle into their riding pace as they head out on the ride.

Don't worry if you don't know your pace yet. Newbies will start in the back, if they don't know their pace and within 2-3 rides, they will figure out the right group to start with. We start the waves based on average speed beginning with 20+ mph and working down to under 12 mph. If you are passed a lot on week 1, move to a slower wave next week. If you pass a lot of riders on week 2, move to a faster wave next week. In 2-3 weeks, you will find the correct pace.

As you may have figured out, we will also place a lot of emphasis on riding safely and predictably and communicating effectively and friendly on every ride. Here's a useful tip: Good communication involves effective speaking AND listening.

In two weeks, as we get ready for our first full training ride, you will receive a very useful tip about how to pass and/or be passed safely. PLEASE read this tip and practice it 100% of the time you are riding. It will make you a much safer and much more popular and respected rider.

None of this will be anything close to rocket science. Safe and courteous cycling is the result of common sense and patience reinforced by experience with a group of like-minded cyclists.

Our mission, at Ready2Roll Cycling, is to offer the best cycling training series, in the known universe! We bring over 60 years of experience to the table and we are counting on each of you to be safe, courteous, patient, and a great communicator to help us make this training series an

be safe, courteous, patient, and a great communicator to help us make the training series and very successful, effective, and fun year!

Watch your inbox this week for several more emails including the beginner ride details which are coming this Wednesday. (If any of you have family/friends who have not enrolled yet, you better remind them to get on board ASAP!)

We look forward to seeing our beginners and mentors this Saturday...

Sincerely,

**Steve, Marshall, Jan and Robbie**

Ready2Roll Cycling



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